

ACTIVITIES FOR SOCIAL EMOTIONAL HOME LEARNING

Try and do at least one activity from each column this week

THIS WEEK WE ARE WORKING ON ~PERSONAL AWARENESS & RESPONSIBILITY~

Self-regulation	Family well-being	Individual well-being	Self-determination
<p>Body awareness</p> <p>Close your eyes and wiggle your toes, ankles, knees, hips, fingers, wiggle your nose.</p>	<p>Have a device free dinner:</p> <p>https://www.commonseusemedia.org/videos/try-a-device-free-dinner</p> <p>Template for conversation starters: Click here</p>	<p>Physical</p> <p>Go on a walk with a family member. Take time to use your senses: what do you see, smell, feel, hear?</p>	<p>Top 50 Positive Affirmations Poster</p> <p>Identify your favourite positive affirmations and use them to create a custom fortune teller.</p> <p>Positive Affirmations Fortune Teller</p>
<p>Breathing</p> <p>Schedule different breathing exercises. Finger breathing, breathe in and out as you trace your hand. In as you go up, out as you go down each finger. Birthday cake breathing. ..smell the birthday cake (breathe in, blow out the candles, breath out)</p> <p>Click here for an example</p>	<p>Look at old photos - tell your children what they were like when they were a baby. Take new photos - start a 'stay home, stay safe' album</p>	<p>Craft</p> <p>Trace an outline of your body. Visualize relaxing in your happy place; relax your muscles. Color in the way your body feels. Tip: use chalk outside if no paper's big enough!</p>	<p>Perseverance: SEL Choice Board</p> <p>Complete the tasks on the choice board and record them on the provide SEL log, journal or a piece of paper.</p> <p>SEL Choice Board</p> <p>SEL Choice Log</p>
<p>Physical</p> <p>When you feel restless, do whatever movement you are able to do. Eg.. 10 pushups, situps, jumping jacks, arm raises etc.</p>	<p>Family Circle</p> <p>Make cards and ask each other how can I be more loving? What do you need from me?</p>	<p>Kindness</p> <p>Make a card, picture or video for someone who lives alone or in a nursing-home.</p>	<p>Social Distancing Explained by Kids</p> <p>Click Here</p>

<p>Make up a chart and keep score of how many you do each day.</p>			
<p>Awareness Stop and be aware of your senses 5 things you can see 4 things you can hear 3 things you can smell 2 things you can feel 1 thing you can taste.</p> <p>Mix them up</p>	<p>At the end of the day share gratitude with a family member and raise your hands and say Huy ch q'u</p>	<p>SAFE CHOICES Use a puppet to tell people about how your actions (hand washing, etc.) are helping your community #QuarrantineHelper</p>	<p>Brain Break Challenge Point an index finger out on one hand and a thumb up on the other, switch. Repeat – how fast can you do it, how many times in a row?</p>

Week 1: Intermediate